

# YOGA THERAPY CERTIFICATE (300-HR)

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Division: Kinesiology

PROGRAM CODE: 1C44074

The **Yoga Therapy Certificate (300-hr)** is designed for students who wish to pursue Yoga from a therapeutic perspective and interventional perspective and satisfies requirements of Yoga Alliance (RYS 300) accredited program. Yoga therapy is the therapeutic application of Yoga derived from Patanjali's Yoga Sutras and principles of Ayurvedic medicine. Yoga Therapy is a whole systems approach to health, healing, and vitality, and its primary goal is to facilitate a state of sattva, balance, to the individual, which is accomplished through assessing and implementing specific modalities across all kosha layers of the individual, from physical to subtle and energetic. The certificate is designed to prepare students for employment as Yoga Teachers in the health and wellness industry. To earn this certificate, complete the required courses as listed with a grade of C or better. This certificate requires a total of 19 units.

Code	Title	Units
<b>Required courses are listed in suggested sequence: (12 units):</b>		
KIN 292 C	Yoga and the Subtle Body	3
KIN 294 C	Ayurveda & Lifestyle Medicine	3
KIN 296 C	Yoga Therapy	3
KIN 293 C	Contemporary Yoga Studies	3
<b>Elective Courses (7 units):</b>		
KIN 128 C	Yoga-Intermediate	0.5-1
KIN 129 C	Vinyasa Yoga	0.5-1
KIN 130 C	Yoga (formerly PE 102 C)	0.5-1
KIN 131 C	Restorative and Gentle Yoga	0.5-1
KIN 132 C	Hatha Yoga	0.5-1
PHS 294 C	Inter. Neurob. & Mind-body Con	3
PHS 296 C	Whole Systems Integrative Health	3
<b>Total Units</b>		<b>19</b>

## Program Student Learning Outcomes:

**OUTCOME 1:** acquire skills and knowledge to assess and implement specific modalities across all kosha layers of the individual to aid wellness.

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